



CrossFit Kids Afterschool

Grades K-5

Classes held:

Thursdays 4:15-5:15PM
Sienna Hills' Gym

Tuition:

Quarter 1: 7 sessions, \$105

Quarter 2: 8 sessions, \$120

Quarter 3: 9 sessions, \$135

Quarter 4: 8 sessions, \$120

Full year (10% off): \$432



CrossFit Kids' goals are to make fitness fun, to teach foundational skills, movements, goal setting, basic nutrition, teamwork and various real world skills including math, social skills, motivation and focus. Students will learn the importance of fitness and nutrition, and have fun while doing so. A typical session will consist of a group warm-up, foundational movement development (squatting, push press, sit-ups, kettle bell swings, etc.), CrossFit workout, game, and cool down/stretch. CrossFit Kids coach, Cole McGuire, is certified to teach Elementary Education and K-12th grade Special Education in the state of Arizona, and is a CrossFit Level I trainer.

Dates

Quarter 1:

Sept 8, 15, 22, 29
Oct 6, 13, 20

Quarter 2: Oct 27

Nov 3, 10, 17
Dec 1, 8, 22
Jan 12

Quarter 3: Jan 19, 26

Feb 2, 9, 16, 23
Mar 2, 9, 23

Quarter 4: Mar 30

Apr 6, 13, 20, 27
May 4, 11, 25

540 N. Bullard Ave. #15
Goodyear, AZ 85338
623-932-4338

To enroll: Submit your completed enrollment form **AND waiver** to your school office (or mail to CrossFit Fury, Attn: Cole McGuire), along with your payment, or you can make your payment online at www.CrossFitFury.com/afterschool. Make checks payable to CrossFit Fury, please include your child's name & school. Once submitted, your child is automatically enrolled, unless told otherwise.

Student Name First _____ Last _____

Parent Name _____

Address _____

City _____ State _____ Zip _____

Email Address _____

Grade ____ Teacher _____ Birth Date _____

Home Phone _____ Cell Phone _____

Emergency Name & Phone _____

My child will: ☐ be picked up ☐ walk home ☐ other: _____

Name on Credit Card _____

Credit Card # ____/____/____/____

Exp. Date _____ CVC _____

Card Type _____

Signature _____ Date _____

Total Cost: _____

Make checks payable to CrossFit Fury
(Include student's name & school). We
accept all major credit cards

May we take and use video/photographs of your child
for promotional material ☐ yes ☐ no

I understand that any absences will be forfeited.

Signature _____

School: Odyssey Prep Sienna Hills

Session(s) [circle]: Q1 Q2 Q3 Q4

Class Day: Thursdays

Class Time: 4:15-5:15PM